

# KAMBROOK

THE SMARTER CHOICE



**Stainless**  
**3L Slow Cooker**

KSC360

**Instruction Booklet**

# Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au)

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# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Stainless Steel Slow Cooker

- Carefully read all instructions before operating the Kambrook Stainless Steel Slow Cooker and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the appliance near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the Kambrook Stainless Steel Slow Cooker on a sink drain board.
- Do not place the appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the Kambrook Stainless Steel Slow Cooker well away from walls and provide adequate space above and on all sides for air circulation.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Do not touch hot surfaces. Allow the Kambrook Stainless Steel Slow Cooker to cool completely before moving or cleaning any parts.
- Use only the removable crockery bowl and lid supplied. Do not use any other bowl inside the stainless steel housing.
- Never plug in or switch on the Kambrook Stainless Steel Slow Cooker without having the removable crockery bowl placed inside the stainless steel housing.
- Do not place food or liquid into the stainless steel housing. Only the removable crockery bowl is designed to contain food or liquid.
- Never operate the Kambrook Stainless Steel Slow Cooker without food and liquid in the removable crockery bowl. Ensure the removable crockery bowl is at least  $\frac{1}{2}$  to  $\frac{3}{4}$  full of food and/or liquid before switching on the appliance.
- Do not use a damaged or cracked removable crockery bowl. Replace before using.
- Always have the glass lid positioned correctly on the removable crockery bowl throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass. However it is not unbreakable. If dropped or struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.

- Extreme caution must be used when the appliance contains hot food and liquids. Do not move the appliance during cooking.
- Do not touch hot surfaces. Use handles to move the Kambrook Stainless Steel Slow Cooker and dry oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any hot surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.
- The removable crockery bowl is not suitable for storing food in the freezer.
- Do not use the removable crockery bowl in a conventional oven or microwave oven. Do not place the removable crockery bowl onto a heat gas or electric burner.
- Avoid scalding from escaping steam when removing the glass lid from the removable crockery bowl when hot by carefully lifting the lid angled away from yourself.
- Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Do not attempt to operate the Kambrook Stainless Steel Slow Cooker by any method other than those described in this book.
- Always ensure the Kambrook Stainless Steel Slow Cooker is properly assembled before connecting to the power outlet and operating. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Do not place anything, other than the lid, on top of the Kambrook Stainless Steel Slow Cooker when assembled, when in use and when stored.
- Always switch the Kambrook Stainless Steel Slow Cooker to the OFF position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

## Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or motor base in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



**CAUTION:** Hot surfaces during and after use.

# Your Kambrook Stainless Steel Slow Cooker

- 1. Removable crockery bowl with 3 litre capacity
- 2. Glass lid allows you to check food while cooking
- 3. Brushed stainless steel housing
- 4. Cool touch handles for safe lifting
- 5. Temperature Control Dial with Low, High and Auto settings
- 6. Power 'ON' Light



# Operating Your Kambrook Stainless Steel Slow Cooker

## Before First Use

Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.

Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.

Wipe the interior and exterior of the stainless steel housing with a damp cloth then dry thoroughly. Ensure the interior of the stainless steel housing is clean and clear of any debris.

## Assembly and Operation

1. Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Ensure the food and/or liquid fills at least  $\frac{1}{2}$  to  $\frac{3}{4}$  of the removable crockery bowl. Place the glass lid into position.
3. Insert the removable crockery bowl into the stainless steel housing.
4. Ensure the temperature control dial is in the OFF position then insert the power plug into a 230V or 240V power outlet and switch on at the power outlet.
5. Select the required setting using the temperature control dial or as recommended in the recipe section.
6. When cooking is complete, turn the temperature control dial to the OFF position, switch off at the power outlet and then unplug the power cord.
7. Allow the Kambrook Stainless Steel Slow Cooker to cool completely before cleaning and storing.

## Important

- Always use the Kambrook Stainless Steel Slow Cooker on a dry, level surface.
- Never operate the Kambrook Stainless Steel Slow Cooker without food and liquid in the removable crockery bowl. Ensure the removable crockery bowl is at least  $\frac{1}{2}$  to  $\frac{3}{4}$  full of food and/or liquid before switching on the appliance.
- Never operate the Kambrook Stainless Steel Slow Cooker without the removable crockery bowl positioned in the stainless steel housing.
- Always have the glass lid correctly positioned on the removable crockery bowl throughout operation of the appliance unless when stated in a recipe to have it removed.
- Always use dry oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.



**CAUTION:** Always lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam.

Do not use for dry cooking.

# Using the Temperature Control Settings

## Low Setting

The Low setting gently simmers food for an extended period of time without overcooking or burning. Generally no stirring is required when using this setting.

## High Setting

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low Setting. Some foods may boil when cooked on the High Setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

## Auto Setting

The Auto setting will first cook on a high temperature for a period of time to bring the food quickly to the desirable temperature, then reduce automatically to low temperature for the completion of cooking. This setting is ideal for slow cooking meals.



# Beginner's Guide to Slow Cooking

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Kambrook Stainless Steel Slow Cooker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Kambrook Stainless Steel Slow Cooker.

## Timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Kambrook Stainless Steel Slow Cooker particularly when using the Low Setting.

Most of the recipes contained within this book can be cooked on the High or Low setting, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

## Adapting Cooking Times

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes.

Traditional Recipe Time	Kambrook Stainless Steel Slow Cooker Recipe Time
15-30 minutes	4-6 hours on LOW Setting
60 minutes	6-8 hours on LOW Setting
1-3 hours	8-12 hours on LOW Setting

**NOTE:** High humidity, altitude, cold tap water, ingredients and minor fluctuations may slightly affect the cooking times in the slow cooker.

**NOTE:** These times are approximate. Times can vary depending on ingredients and quantities in recipes.

## Adapting Liquid Amounts

When food is cooking in your Kambrook Stainless Steel Slow Cooker, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Kambrook Stainless Steel Slow Cooker on the High Setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

## Stirring the Food

Little or no stirring is required when using the Low setting. However, stirring the food when using the High setting ensures more even flavour distribution.

## Preparing Meat and Poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

## Suitable Meat and Chicken Cuts for Slow Cooking

Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.
Chicken	Portions such as: drumsticks, thigh meat, Maryland, Lovely Legs, wing drumettes

## Browning Before Slow Cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

## Roasting

Roasting meats in the Kambrook Stainless Steel Slow Cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting.

The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Whole fresh chickens can be roasted but if chickens that have been frozen and thawed are used they may release a significant amount of liquid into the removable crockery bowl whereby the chicken is pot-roasted or steamed in this liquid.

## Suitable Cuts for Roasting

Beef	Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.
Lamb	Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal	Leg, Loin, Rack, Shoulder/Forequarter.
Pork	Loin, Neck, Leg (remove skin and fat), Racks.

## Pot Roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the Removable Crockery Bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

## Suitable Cuts for Pot Roasting

Beef	Beef Topside, Blade, Silverside Roasts, Rolled Brisket.
Lamb	Forequarter, Shank, Shoulder
Veal	Shoulder/Forequarter.
Pork	Loin, Neck.

## Preparing Vegetables

Vegetables should be cut into even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods for cooking in the Kambrook Stainless Steel Slow Cooker.

## Preparing Dried Beans and Pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain the beans or pulses then place into the removable crockery bowl then pour in water that is double the volume of beans. Ensure the removable crockery bowl is at least  $\frac{1}{2}$  to  $\frac{3}{4}$  full. Cook beans on the High Setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

## Hints and Tips

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Meat and poultry require at least 6-7 hours of cooking on Low setting.
- Ensure that the food or liquid to be cooked fills at least  $\frac{1}{2}$  to  $\frac{3}{4}$  of the removable crockery bowl.
- On completion of cooking, if there is too much liquid remove the lid, turn the temperature control dial to the High setting and cook for 35-40 minutes until the liquid reduces.

### Do

- Do ensure the removable crockery bowl is at room temperature when placing into the Stainless Steel Housing prior to cooking.
- Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use oven mitts when lifting the removable crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof placemat when serving from the removable crockery bowl at the table.

### Do Not

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Kambrook Stainless Steel Slow Cooker without the removable crockery bowl in position.
- Do not place a hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

### Never

- Never place water or other liquids into the stainless steel housing of the Kambrook Stainless Steel Slow Cooker.
- Never immerse the stainless steel housing, power cord or power plug of the Kambrook Stainless Steel Slow Cooker into water or any other liquid.
- Never touch hot surfaces with bare hands.



**CAUTION:** Ensure the removable crockery bowl is correctly positioned in the stainless steel housing before you commence cooking.

# Care, Cleaning and Storage

## Cleaning After Use

Before cleaning, always ensure the Kambrook Stainless Steel Slow Cooker is cool, the temperature control dial is in the OFF position, the Kambrook Stainless Steel Slow Cooker is switched off at the power outlet and the power cord is unplugged.

The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.

To remove stubborn, cooked-on foods from the removable crockery bowl, soften by filling with warm, soapy water and soak for 20-30 minutes. Remove by lightly scrubbing with a soft, nylon kitchen brush.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.

The removable crockery bowl and glass lid can be washed in a dishwasher however care should be taken not to chip or crack the crockery bowl or lid.

Wipe the stainless steel housing with a soft, damp cloth and then dry thoroughly.

## Storage

Before storing, the temperature selection dial should be in the OFF position, the Kambrook Stainless Steel Slow Cooker switched off at the power outlet and the power cord unplugged. Ensure the Kambrook Stainless Steel Slow Cooker is completely cool, clean and dry. Store the appliance upright with the removable crockery bowl and the lid in position. Do not store anything on top.



**CAUTION:** Do not immerse stainless steel housing, power cord or power plug in water or any other liquid as this may cause electrocution.

# Recipes

## Vegetable Soup

### Serves 4

1 ½ tablespoons/30g butter  
2 large carrots, peeled and diced  
4 large potatoes, peeled and diced  
2 sticks celery, diced  
2 large onions, diced  
8 cups/2 litres chicken or beef stock  
½ cup/125ml cream  
1 tablespoon parsley, finely chopped  
Salt and pepper, to taste

1. Melt butter in a saucepan, add vegetables and cook for 10 minutes, stirring occasionally.
2. Place vegetables into removable crockery bowl, add stock and seasonings. Cover with lid and cook on LOW setting for 6-8 hours. Just before serving, stir in cream and top with parsley.

## Vichyssoise

### Serves 4

1 ½ tablespoons/30g butter  
2 leeks, thinly sliced  
1 onion, diced  
2 medium potatoes, peeled and diced  
4 cups/1 litre chicken stock  
1 cup/250ml milk  
1 cup/250ml cream  
¼ cup sour cream  
2 tablespoons chives, chopped  
Salt and pepper, to taste

1. Melt butter in a pan, add leeks and chopped onion and sauté over low heat until lightly browned. Place into the removable crockery bowl with seasonings and potatoes. Stir in stock and cover with lid, cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours.
2. Stir in milk, allow to cool then puree in a blender or food processor. Stir in cream then chill.
3. Serve topped with a spoonful of sour cream and sprinkled with chives.

**NOTE:** Vichyssoise may also be served hot.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.

## Cream of Mushroom Soup

### Serves 4

1 tablespoons/30g butter or margarine  
500g mushroom, sliced  
1 large onion, diced  
4 cups/1 litre chicken stock  
1 cups/250ml cream  
1 ½ cups/375ml milk  
2 tablespoons cornflour  
2 tablespoons parsley, finely chopped  
Salt and pepper, to taste

1. Melt butter in a saucepan and add mushrooms and onion, sauté lightly. Place mushrooms, onion and chicken stock into the removable crockery bowl and stir well. Cover with lid and cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours. 30 minutes before serving, turn to HIGH setting then stir in cream and milk. Blend cornflour with 2 tablespoons of the hot soup and blend until smooth. Stir flour mixture into the soup and cook until thickened. Serve topped with parsley.

## French Onion Soup

### Serves 4

5 cups/1 ¼ litres beef stock  
4 tablespoons/80g butter  
4 onions, thickly sliced  
1 teaspoons/5g salt  
2 teaspoons/10g sugar  
½ cup/75g flour  
¾ cups/60g grated Parmesan cheese

1. Pour stock into the removable crockery bowl, cover with lid and select the HIGH setting. Melt butter in a frypan, add onions and sauté until golden brown.
2. Add salt, sugar and flour to the onions and stir well. Add onion mixture to the removable crockery bowl and stir well. Cover with the lid and cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours.
3. Sprinkle with Parmesan cheese to serve.

## Swiss Steak

### Serves 4

- 1.25kg round steak, cubed
- ½ cup/75g flour
- 1 teaspoon/5g salt
- 1 teaspoon/5g pepper
- 2 tablespoons/40g butter
- 2 stalks celery, diced
- 2 carrots, peeled and chopped
- 1 onions, diced
- 1 teaspoons/5g worcestershire sauce
- 2 x 425g cans tomatoes
- 1 cup/125g cheddar cheese, grated

1. Toss steak in flour and salt and pepper.
2. Melt butter in a frypan and seal the cubed steak.
3. Place meat, vegetables, worcestershire sauce and tomatoes into the removable crockery bowl.
4. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.
5. Sprinkle with grated cheese to serve.

## Chilli Con Carne

### Serves 4

- 700g dry red kidney beans
- 700g round steak, cut into thin strips
- 1/3 cup/50g flour
- 2 teaspoons/10g salt
- 2 teaspoons/10g chilli powder
- 2 tablespoons/40g butter
- 1 large onions, diced
- 1 x 425g can tomatoes
- 2 ½ cups/625ml water
- 2 cloves garlic, minced

1. Wash the beans well. Toss the steak in flour mixed with salt and chilli powder. Melt the butter in a frypan and seal the steak. Place all ingredients into the removable crockery bowl and stir well. Cover with lid and cook on LOW setting for 6-8 hours.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.



## Chicken in a Pot

### Serves 4

2 carrots, peeled and sliced  
2 onions, sliced  
2 stalks celery, sliced  
1.5kg chicken pieces  
1 teaspoon/5g salt  
1 teaspoon/5g ground black pepper  
2 cups/500ml chicken stock  
1 cup/250ml white wine  
1 teaspoons dried basil

1. Place half of the carrots, onion and celery into the removable crockery bowl. Add the chicken pieces, salt, pepper, stock, wine and remaining vegetables. Sprinkle with herbs. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

## Beef in Red Wine

### Serves 4

1.5 kg blade or chuck steak, cubed  
1 cup/150g flour  
Salt and pepper, to taste  
2 tablespoons/40g butter  
2 onions, diced  
1 leek, finely chopped  
2 carrots, chopped  
2 cloves garlic, minced  
2 tablespoons parsley, chopped  
2 tablespoons chives, chopped  
1 x 750ml red wine

1. Toss meat in flour and seasonings.
2. Heat butter in a frypan and seal the meat. Place the meat into the removable crockery bowl and add onions, leek, carrots, garlic, parsley and chives.
3. Pour red wine into pan used for browning the meat and bring to boil. Pour heated liquid into the removable crockery bowl, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

## Chicken Marengo

### Serves 4-6

1.5kg chicken pieces or drumsticks  
2 tablespoons/20g flour  
Salt and pepper, to taste  
2 tablespoons/40ml vegetable oil  
2 tablespoons/40g butter  
3 cloves garlic, minced  
5 cups/1 ¼ litres chicken stock  
½ cup/125ml white wine  
2 large tomatoes, diced  
12 mushrooms, sliced  
2 tablespoons finely chopped parsley  
½ cup black olives, to serve

1. Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings.
2. Heat oil and butter in a pan, add the chicken pieces and cook over medium heat until golden.
3. Remove from pan and place into the removable crockery bowl. Add the garlic, stock, wine, tomatoes and mushrooms. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve on a bed of steamed potatoes and sprinkle with parsley and olives.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.

## Recipes Irish Stew

### Serves 4

1.5kg lamb neck chops  
3 medium onions, diced  
1 kg potatoes, peeled and sliced  
Salt and pepper, to taste  
4 cups/1 litre water  
1 teaspoon mixed herbs  
3 bay leaves

1. Trim any excess fat from chops. Place all ingredients into the removable crockery bowl. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

## Coq Au Vin

### Serves 4

¼ cup/60ml olive oil  
1.5kg chicken pieces  
4 slices bacon, trimmed and diced  
5 small onions, diced  
5 small onions, peeled and quartered  
350g mushrooms, sliced  
1 clove garlic, minced  
Salt and pepper, to taste  
2 teaspoons dried thyme  
10 baby potatoes, halved  
1 ½ cups/375ml red wine  
4 cups/1 litre chicken stock  
Finely chopped parsley

2. Heat the oil in a large frypan and lightly fry the chicken until golden brown and crisp. Drain chicken on paper towel and set aside to cool.
3. Use the same pan to brown the bacon and sliced onions, drain off excess fat and set aside with chicken. Place all ingredients into the removable crockery bowl and cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve garnished with chopped parsley.

## Beef Curry

### Serves 4

- 1.5kg blade or chuck steak, 2.5cm cubes
- ½ cup/75g flour
- ¼ cup/60ml vegetable oil
- 2 large onions, diced
- 5 cloves garlic, minced
- 1 small pieces fresh ginger, peeled and grated
- 1 teaspoon ground chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cardamom
- 1 teaspoon salt
- 1 tablespoons vinegar
- 1 x 425g cans whole tomatoes
- 2 strips lemon rind
- 5 cups/1 ¼ litres beef stock

1. Toss the meat in the flour.
2. Heat the oil in a frypan, add the meat and lightly brown, remove meat and place into the removable crockery bowl. Add onions, garlic and ginger to the pan, cook for 5 minutes then place into the removable crockery bowl with remaining ingredients. Stir well, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve with fluffy steamed rice.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.

## Meatballs in Creamy Mushroom Sauce

### Serves 4

#### Mushroom Sauce

- 2 x 440g cans mushrooms in butter sauce
- 2 cups/500ml beef stock
- ¼ cup/40g flour
- ¼ cup/60ml sherry
- 1 teaspoons paprika
- 1 cup sour cream

#### Meatballs

- 1.25kg minced beef
- 300g pork mince
- 1 x 60g eggs, lightly whisked
- ¼ cup parsley, chopped
- Salt and pepper, to taste
- 2 cups/250g fresh breadcrumbs
- ¼ cup/60ml olive oil
- 2 tablespoons/40g butter

1. Place all the mushroom sauce ingredients except sour cream into the removable crockery bowl and stir to combine. Mix all ingredients for meatballs together in a bowl and shape into walnut size balls. Heat oil and butter in a frypan and lightly fry meatballs, then add to sauce in the removable crockery bowl. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. At 15 minutes before serving, switch to HIGH setting and stir in the sour cream.
2. Serve with spaghetti or penne pasta.

## Chicken Parisienne

### Serves 4

6 chicken breast fillets  
Salt and pepper, to taste  
1 teaspoons paprika  
1 tablespoons/20g olive oil  
1 tablespoons/20g butter  
1 cups/250ml dry white wine  
2 x 440ml cans cream of chicken soup  
2 x 440g can sliced mushrooms, drained  
1 cups sour cream

1. Sprinkle chicken breasts lightly with salt, pepper and paprika. Heat oil and butter in a frypan and lightly fry the chicken breast, place into the removable crockery bowl. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breasts, sprinkle with paprika. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.
2. Serve with steamed seasonal vegetables.

**NOTE:** If cooking on HIGH, do not add sour cream until the last 30 minutes of cooking time.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.

## Glazed Corned Beef

### Serves 4

2 bay leaves  
1 large onion, sliced  
2 strips orange peel  
5 cups/1 ¼ litres water  
1.5 kg corned beef  
8 whole cloves

### Glaze:

½ cup orange juice  
½ cup/190g honey  
2 tablespoons dijon mustard

1. Place bay leaves, onion, orange peel and water into the removable crockery bowl and mix well.
2. Add corned beef with the fat side facing upwards.
3. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours or until tender. Remove meat from the liquid. Score (cut) the top of the corned beef in criss-cross diamond or triangle shapes. Insert cloves into the centre of each diamond if desired. Place corned beef on an oven proof platter. Mix the glaze ingredients together until smooth then spoon over the corned beef.
4. Bake in a preheated oven at 200°C for 20-30 minutes, basting occasionally with glaze. Serve hot or cold.

## Ratatouille

### Serves 4

2 onions, sliced  
1 medium eggplants, cubed  
4 large zucchini, sliced  
2 red capsicum, sliced  
5 tomatoes, sliced  
3 cloves garlic, minced  
Salt and pepper, to taste  
½ cup/125ml oil

1. Place onions into the removable crockery bowl then add remaining ingredients. Cover with lid and cook on LOW setting for 6-8 hours or AUTO setting for 4-5 hours. The vegetables should be soft but not mushy. Serve Ratatouille hot or cold, as a filling for crêpes and omelettes, as an accompaniment to meats and poultry, over a bed of rice or a hot dish of pasta.

## Scalloped Potatoes

### Serves 4

12 medium potatoes, peeled and thinly sliced  
2 medium onions, peeled and thinly sliced  
Salt and pepper to taste  
1 teaspoons paprika  
1 cup/125g grated Cheddar cheese  
1 x 285g cans cream of asparagus or mushroom soup

1. Place potato and onion into the removable crockery bowl. Sprinkle with salt, pepper and paprika, then grated cheese, repeat this procedure three more times until all of the potatoes are used. Gently pour the undiluted soup over the top of the ingredients. Sprinkle with paprika, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

**NOTE:** All recipes use Australian Standard measuring cups and spoons.

## Old Fashioned Sago Pudding

### Serves 4

½ cup/75g sago  
1 cups/250ml milk  
1 cups/250g sugar  
1 cups/150g sultanas  
1 cups/100g fresh breadcrumbs  
1 tablespoons/20g melted butter  
2 teaspoon/10g bi-carbonate of soda  
2 x 60g egg

1. Soak sago in milk overnight. Add remaining ingredients and mix thoroughly. Place mixture into a heatproof pudding bowl or casserole dish that fits in the removable crockery bowl. Cover the bowl or dish with foil and secure around the edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
2. Cover with lid and cook on HIGH setting for 3-4 hours. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

**NOTE:** Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl.

## Rice Custard

### Serves 4

2 cups/400g rice  
5 cups/1 ¼ litres boiling water  
3 x 60g eggs  
1 ¼ cups/315g sugar  
4 cups/1 litre milk  
1 teaspoon/5g vanilla essence  
1 tablespoons/20g butter  
Nutmeg, to taste  
½ cup/85g raisins

1. Wash rice thoroughly under cold running water, drain well. Cook rice in boiling water for 20 minutes. Drain well and put into a greased heatproof pudding bowl or dish that will fit in the removable crockery bowl. Beat eggs with sugar, add remaining ingredients then stir into the rice.
2. Cover pudding bowl or dish with foil and secure edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
3. Cover with lid and cook on LOW setting for 4-5 hours. Serve warm.

**NOTE:** Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl.

## Baked Apples

### Serves 4

¼ cup/40g dried fruits

¼ cup/60g brown sugar

1 teaspoons/5g cinnamon

1 tablespoons/20g butter, melted

4 small Granny Smith apples, washed and cored

2 cups/500ml water

1 tablespoons/20g sugar

1. Mix together the dried fruits, brown sugar, cinnamon and butter. Fill the centre of each apple with the dried fruit mixture and place upright in the removable crockery bowl.
2. Combine water and sugar and pour into the removable crockery bowl, cover with lid and cook on LOW setting for 4-5 hours. Serve warm with custard, cream or ice-cream.

## Poached Pears in Red Wine

### Serves 4

2 cups/500ml dry red wine

1 cups/250g brown sugar

4 medium pears, carefully peeled

Peel of 1 lemon, cut in strips.

1. Put wine and sugar in the removable crockery bowl. Cover with lid and cook on HIGH setting until the sugar is dissolved. Place the pears into the removable crockery bowl, turn the pears to coat in the wine mixture, then stand pears upright in the mixture. Add the lemon peel, cover with lid and cook on LOW setting for 4-5 hours, turning occasionally or basting with the wine mixture. Serve pears drizzled with the wine mixture.

**NOTE:** Pears can have the stems left intact or removed depending on presentation preference.

## Kambrook 12 Month Replacement Warranty

In Australia, this Kambrook Replacement Warranty does not affect the mandatory statutory rights implied under the Trade Practices Act 1974 and other similar State and Territory legislation relating to the appliance. It applies in addition to the conditions and warranties implied by that legislation.

In New Zealand, this Kambrook Replacement Warranty does not affect your mandatory statutory rights implied under the Consumer Guarantees Act 1993 in relation to the appliance. It applies in addition to the conditions and guarantees implied by that legislation.

This Kambrook Replacement Warranty is valid only in the country of purchase, but other statutory warranties may still apply.

This Warranty card and the purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook Replacement Warranty. Please note that under any applicable statutory warranty you are not required to produce these documents, but may be required to provide a proof of purchase.

Kambrook warrants the purchaser against defects in workmanship and material for a period of 12 months domestic use from the date of purchase (or 3 months commercial use).

The Kambrook Replacement Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of, misuse or abuse, negligent handling or if the product has been used other than in accordance with the instructions. The Kambrook Replacement Warranty excludes breakables such as glass and ceramic items, consumable items and normal wear and tear.

This Kambrook Replacement Warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced. Subject to your statutory rights, in the event of Kambrook choosing to replace the appliance, the Kambrook Replacement Warranty will expire at the original date, i.e. 12 months from the original date of purchase.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on the website at [www.kambrook.com.au](http://www.kambrook.com.au)

### Kambrook 12 Month Replacement Warranty

Your Purchase Record (Please Complete)

Attach a copy of the purchase receipt here.

Date Of Purchase \_\_\_\_\_

Model Number \_\_\_\_\_

Serial Number \_\_\_\_\_

Purchased From \_\_\_\_\_

(Please don't return purchase record until you are making a claim)

### Register your warranty at [www.kambrook.com.au/service.asp](http://www.kambrook.com.au/service.asp)

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